
Department of Cardiology/Pharmacy

Diltiazem

Action

Diltiazem is used to treat many problems. It:

- helps to control high blood pressure
- helps to stop you from getting angina attacks

Angina is a pain in your chest which you get when your heart does not get enough oxygen.

Taking your diltiazem

There are many different types of diltiazem. Once your doctor has chosen the type of diltiazem you should take, it is important always to keep to the same type. Check the brand name of your medicine carefully each time you get a new supply.

Your doctor might tell you to take diltiazem once a day **or** twice a day **or** three times a day. Follow the instructions on the label of your medicine very carefully. Swallow each tablet or capsule whole without chewing it.

Remember: You can take glyceryl trinitrate (GTN) if you get a sudden attack of chest pain.

Problems to watch for

- It is important to keep to the same type of diltiazem that you normally take. Always check your new supply of medicine to make sure it is the same.
- Diltiazem can have side effects. Tell your doctor if you get problems with:
 - Feeling dizzy or sick.
 - Getting a headache.
 - Feeling tired.
 - Getting a flushed and red face.
 - Swollen ankles.
 - A skin rash.
 - Fainting or feeling that your heart is beating too slowly.
- Tell your doctor if you notice any strange effects from taking your diltiazem.
- Women who are pregnant or breast-feeding should talk to the doctor before taking diltiazem. The doctor will want to discuss the risks and benefits with you.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



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